

KINE 001: FIRST AID AND SAFETY

Originator

mdillon

Justification / Rationale

Adding Missing C-ID

Effective Term

Fall 2023

Credit Status

Credit - Degree Applicable

Subject

KINE - Kinesiology

Course Number

001

Full Course Title

First Aid and Safety

Short Title

FIRST AID AND SAFETY

Discipline**Disciplines List**

Physical Education

Modality

Face-to-Face

100% Online

Hybrid

Catalog Description

This course includes theory and practice in immediate and temporary care given in case of accident or sudden illness, until service of a trained medical professional can be obtained. Upon successful completion, students may have the option to perform a skills test for certification cards in first aid and CPR, when available. C-ID: KIN 101

Schedule Description

This class includes the application of knowledge and development of basic skills in First Aid and Basic Life Support.

Advisory: ENG 061

Lecture Units

3

Lecture Semester Hours

54

Lab Units

0

In-class Hours

54

Out-of-class Hours

108

Total Course Units

3

Total Semester Hours

162

Prerequisite Course(s)

Advisory: ENG 061

Required Text and Other Instructional Materials**Resource Type**

Book

Open Educational Resource

No

Author

American Heart Association

Title

Basic Life Support Provider Manual

Publisher

First American Heart Association Printing

Year

2016

ISBN #

978-1-61669-768-6

Resource Type

Book

Open Educational Resource

No

Author

American Heart Association

Title

Heartsaver First Aid

Publisher

First American Heart Association Printing

Year

2016

ISBN #

10-9781616694227

Class Size Maximum

40

Entrance Skills

Identify and employ prewriting activities.

Requisite Course Objectives

ENG 061-Demonstrate the ability to think critically and express ideas using various patterns of development.

Entrance Skills

Demonstrate through the writing process the ability to apply standard rules of grammar, punctuation and spelling in academic writing.

Requisite Course Objectives

ENG 061-Utilize a handbook to properly cite and document source material in MLA format.

Entrance Skills

Comprehend and summarize readings.

Requisite Course Objectives

ENG 061-Demonstrate the ability to read and respond in writing beyond the literal interpretation of the text.

Entrance Skills

Demonstrate the ability to generate, develop and organize ideas into a cohesive essay using multiple paragraphs.

Requisite Course Objectives

ENG 061-Use theses to organize paragraphs into coherent analyses.

Course Content

- a. Introduction: Legal and Moral Aspects.
- b. Victim Assessment: Primary Survey, Second Survey.
- c. Bleeding and Wounds: External/Internal.
- d. Specific Body Area Injuries: Head, Chest, Abdominal.
- e. Burns: Heat, Chemical, Electrical, and Radiation.
- f. Cold-and-Heat-Related Emergencies: Frost Bite, Hypothermia.
- g. Bone, Joint, and Muscle Injuries: Fractures, Sprains, Dislocations.
- h. Shock: Insulin Shock, Diabetic Coma, Allergic Reactions.
- i. Poisoning: Swallowed/Injected.
- j. Crisis Intervention: Child Abuse, Drug/Alcohol, Rape and Sexual Assault, Suicide.
- k. Medical Emergencies: Heart Attack, Stroke, Epilepsy.
- l. Basic Life Support: C.P.R. Adult, Child, and Infant, and Complications of C.P.R.
- m. Emergency Child Birth: Normal/Complicated.
- n. First Aid Skills: Bandaging, Splinting, Moving, and Rescuing.
- o. Supplemental Instruction:
 - Videos--(1) First Aid; (2) C.P.R.; (3) Child Birth.
 - Color Slide Presentation--(1) Wounds and Injuries.
- p. AED instruction.
- q. Healthy lifestyle and personal safety concerns.

Course Objectives

	Objectives
Objective 1	Understand and properly apply the basic safety principles.
Objective 2	Recognize or identify specific first aid problems through the use of various signs and symptoms.
Objective 3	Describe and apply proper first aid procedures.
Objective 4	Assume responsibility in emergency situations.
Objective 5	Understand proper application of CPR procedures.
Objective 6	Identify proper function and application of AED.
Objective 7	Recognize healthy lifestyles and personal safety concerns.

Student Learning Outcomes

Upon satisfactory completion of this course, students will be able to:

- Outcome 1 Apply basic first aid and safety principles.
- Outcome 2 Recognize and identify signs and symptoms requiring first aid attention.
- Outcome 3 Apply CPR techniques and properly use an AED, as delineated by the American Heart Association.

Methods of Instruction

Method	Please provide a description or examples of how each instructional method will be used in this course.
Individualized Study	Weekly reading assignments and short answer writing assignments based on reading.
Discussion	In-class and online discussion on relevant CPR and First Aid techniques and scenarios.
Demonstration, Repetition/Practice	Lab practice and review for acquired skills. Instructional resources created to enhance learning and demonstration, repetition and practice.
Role Playing	Group work and interactive discussion threads and case scenarios for CPR and First Aid scenarios playing the victim role and the responder role.
Participation	Hands-on skill acquisition and requires active participation in lab work. Online resource instructional video practice, reflection and participation analysis.
Lecture	Power point lectures each class that highlight the main CPR and First Aid topics covered.
Laboratory	Skills lab that covers proper hand placement for CPR and proper splinting techniques for First Aid.
Other (Specify)	Guest speakers.

Methods of Evaluation

Method	Please provide a description or examples of how each evaluation method will be used in this course.	Type of Assignment
Mid-term and final evaluations	Three written exams including multiple choice, short answer, true/false and essay question.	Out of Class Only
Oral and practical examination	Two practical exams where students demonstrate acquired CPR and First Aid skills.	In and Out of Class
Presentations/student demonstration observations	Students work in pairs on a CPR or First Aid topic and present to their peers.	In and Out of Class
Written homework	Students read related chapters weekly about CPR and First Aid topics and answer questions from the book and discussion threads.	Out of Class Only
Tests/Quizzes/Examinations	Multiple quizzes will be given throughout the semester to measure progress towards content understanding.	In and Out of Class
Critiques	Students read articles relevant to CPR and First Aid and write a summary critique of what they learned.	Out of Class Only

Assignments
Other Out-of-class Assignments

1. Reading assignments.
2. Complete 13 self-check activities (equivalent of 13 chapters in workbook) with an 80 percentile minimum correctness.
3. Rewrite and/or add supplemental information to the notes required to be taken during class time lecture (short papers).
4. Discussion threads relating to critical topics in first aid and safety to enhance and reinforce learning and class participation.
5. Online instructional resource practice and reflection to enhance learning, application and skill development of first aid and safety.

Grade Methods

Letter Grade Only

Distance Education Checklist

Include the percentage of online and on-campus instruction you anticipate.

Online %

100

On-campus %

0

Lab Courses

Instructional Materials and Resources

If you use any other technologies in addition to the college LMS, what other technologies will you use and how are you ensuring student data security?

n/a

Effective Student/Faculty Contact

Which of the following methods of regular, timely, and effective student/faculty contact will be used in this course?

Within Course Management System:

Chat room/instant messaging
Discussion forums with substantive instructor participation
Online quizzes and examinations
Private messages
Regular virtual office hours
Timely feedback and return of student work as specified in the syllabus
Video or audio feedback
Weekly announcements

External to Course Management System:

Direct e-mail
E-portfolios/blogs/wikis
Posted audio/video (including YouTube, 3cm mediasolutions, etc.)
Teleconferencing
Telephone contact/voicemail

For hybrid courses:

Field trips
Orientation, study, and/or review sessions
Scheduled Face-to-Face group or individual meetings
Supplemental seminar or study sessions

Briefly discuss how the selected strategies above will be used to maintain Regular Effective Contact in the course.

There will be weekly discussion on topics related to First Aid and Safety to enhance in depth thinking and application of principles from current readings. Use of videos and online resources will be used to demonstrate proper application of principles and techniques. This will be followed by instructor feedback to improve outcomes and understanding.

Other Information

Provide any other relevant information that will help the Curriculum Committee assess the viability of offering this course in an online or hybrid modality.

Allowing this course to have a hybrid section would improve our access to students that currently are balancing the rigorous schedules that may include demanding work schedules and family responsibilities etc.

COD GE

C5 - Personal Growth and Development

MIS Course Data**CIP Code**

31.0101 - Parks, Recreation, and Leisure Studies.

TOP Code

083610 - Recreation Assistant

SAM Code

C - Clearly Occupational

Basic Skills Status

Not Basic Skills

Prior College Level

Not applicable

Cooperative Work Experience

Not a Coop Course

Course Classification Status

Credit Course

Approved Special Class

Not special class

Noncredit Category

Not Applicable, Credit Course

Funding Agency Category

Not Applicable

Program Status

Program Applicable

Transfer Status

Transferable to both UC and CSU

General Education Status

Y = Not applicable

Support Course Status

N = Course is not a support course

C-ID

KIN 101

Allow Audit

No

Repeatability

No

Materials Fee

No

Additional Fees?

No

Files Uploaded

Attach relevant documents (example: Advisory Committee or Department Minutes)

KINE-001_COD GE.pdf

Approvals

Curriculum Committee Approval Date

11/18/2021

Academic Senate Approval Date

12/09/2021

Board of Trustees Approval Date

01/21/2022

Chancellor's Office Approval Date

05/30/2019

Course Control Number

CCC000605859

Programs referencing this course

Fitness Specialist Certificate of Achievement (<http://catalog.collegeofthedesert.eduundefined/?key=148>)

Field Ranger Certificate of Achievement (<http://catalog.collegeofthedesert.eduundefined/?key=151>)

Health Science AS Degree (<http://catalog.collegeofthedesert.eduundefined/?key=65>)

Sports Medicine AS Degree (<http://catalog.collegeofthedesert.eduundefined/?key=67>)

Kinesiology AA-T Degree (<http://catalog.collegeofthedesert.eduundefined/?key=8>)